



IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Applicant: Maresh Art Unit: 3764  
Serial No: 09/054,643 Examiner: Crow  
Filed: April 3, 1998  
Title: EXERCISE METHODS AND APPARATUS

SM  
7-25-00  
7/6  
[Signature]

Certificate of Mailing

I hereby certify that this AMENDMENT AND RESPONSE is being sent via First Class mail, postage prepaid, to the Assistant Commissioner for Patents, Box AF, Washington, D.C. 20231, on this 14th day of July, 2000.

MAKUL  
Mark A. Krull

AMENDMENT AND RESPONSE

Assistant Commissioner for Patents  
Box AF  
Washington, D.C. 20231

Dear Sir:

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Introduction

This Amendment and Response is being submitted in reply to the Office Action dated March 14, 2000. Payment for an appropriate extension of time is submitted herewith.

Enter  
ARC

In the Specification

At page 4, line 16, please add --,-- after "respectively".

At page 4, line 20, please delete "be" and substitute --by-- therefor.

At page 4, line 21, please delete "disks" and substitute --discs-- therefor.

At page 7, line 21, please delete "shield" and substitute --shields-- therefor.

At page 10, line 3, please delete "and/or rotate".

At page 10, line 3, please add --to-- after "relative".